

## **Surgery Center of Pinehurst Hand/Wrist/Elbow Surgery Home Instructions**

### **Rest and Elevation:**

It is normal to experience mild pain and swelling, especially the first several days after surgery. To minimize the pain and swelling, elevate your hand above your heart level as much as possible

### **Ice:**

Ice will help relieve the swelling and pain. Use the ice bag on your arm, 20 minutes on and 20 minutes off, as needed for pain until your follow-up appointment.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to diminish side effects such as nausea/vomiting. Pain medications may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication.

### **Surgical Dressing/Sutures:**

Keep dressing clean and dry to prevent infection. Do not remove dressing. The dressing/sutures will be removed at your scheduled follow-up visit dressing. Don't swim, bathe, or soak dressing.

### **Exercises:**

It is important to continue using your hand as well as perform gentle squeezing exercises. This will help reduce swelling as well as keep your muscles/tendon/joints from becoming stiff. Unless otherwise instructed, make a tight fist and hold for five seconds, then release. Repeat several times throughout the day.

### **Follow-up Appointment:**

It is important to keep your scheduled follow-up appointment. At this appointment your dressing will be removed, incision inspected, and any sutures/staples will be removed. Any further therapy and/or instructions will also be given at this time.

**If you have any problems or questions after your surgery, please call Dr Conti's office at (910) 295-0230**

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